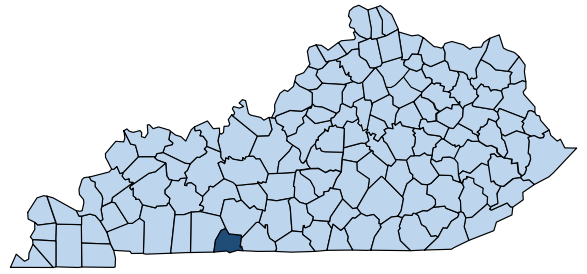


REPORT TO THE PEOPLE

Simpson County 2022



DID YOU KNOW... According to the latest census of agriculture, Simpson County has 110,864 acres in farms which accounts for just over 73% of the total land area.



Pictured L to R: Snap-Ed Assistant Amy Lawrence, 4-H Youth Development Agent Catherine Webster, F: Agriculture and Natural Resources Agent Jason Phillips, B: Family & Consumer Sciences Agent Nancy Doyle, Staff Assistant Brooke Brown, and Staff Assistant Cristy Soyars

JUST A FEW OF OUR PROGRAMS



Website: simpson.ca.uky.edu



Facebook: @SimpsonCES



YouTube: @Simpson County Cooperative Extension Service

FAMILY & CONSUMER SCIENCES

Family and Consumer Sciences (FCS) Programming focuses on areas that are designed to make the community, families, and individuals more aware of how to lead healthier, happier, and more productive lives. The Simpson County Homemakers have been a vital part of the community. They have hosted monthly club meetings providing lessons, volunteered at community events such as the county fair, Earth Day Festival, and the 4-H bazaar, have given donations to BRASS and to tornado victims, served as 4-H leaders and prepared and served lunches for People Serving People.

Along with these, a 2022 Homemaker Relay for Life Team raised \$15,831 for the American Cancer Society and continues to raise money each year, adding to the \$65,992 this team has raised to date. The Simpson County Homemakers includes leadership in the Mammoth Cave Area with positions held including Area President for KEHA, vice president, and two chairmen for the area council.



Simpson County Homemakers attending an Area Homemaker Council Meeting.

For More Information, Please Contact us at:
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4-H YCI K '89J 9@DA 9BH



Simpson County 4-H Member Kaylee Wheeler rolling biscuit dough during 4-H Food & Fun.

4-H's Long-reaching Effects
Compared to other youth, 4-Hers are:

- 4x** more likely to contribute to their communities
- 2x** more likely to be civically active
- 2x** more likely to make healthier lifestyle choices



4-H Food & Fun was an at-home cooking program that united families in the kitchen and at the dinner table. The goal was to get young people in the kitchen preparing home-cooked meals, trying new foods, encouraging family time, developing communications skills, and having fun! Participants received a kitchen utensil kit related to each month's recipes, along with other informational materials.

Youth prepared the recipes in the packet as they followed along an agent demonstration via zoom. 4-H Food & Fun met monthly March to August at 5:30 p.m. so families had dinner cooked at the end of each session.

Thirty-eight youth from three counties learned about local commodities, gained a better understanding of nutritional information, developed cooking skills, looked at the cost of food ingredients, and helped youth make healthier food choices. Several youth tried new foods they had never eaten before.

Comments from Simpson Co. participants included kitchen skills I learned: how to grate ginger, how to use the broiler on my oven, how to make biscuits from scratch, how to make pizza crust, how to use lettuce leaves in place of a tortilla, that cooking time must be adjusted when cooking small vs. large homemade biscuits, how to bread meat, and I had never had ricotta cheese before.

AGRICULTURE AND NATURAL RESOURCES

The Simpson County Extension Service partnered with the Simpson County Cattlemen's Association to respond to farmers needs after consecutive unprecedented natural disasters occurred in Kentucky.

In each situation, the Extension Agent for Agriculture & Natural Resources coordinated with Extension Agents in affected counties to find out what their specific needs would be. Many Simpson County Cattlemen's Association members, Tractor Supply Company, Southern Kentucky Feed and Grain, Stutzman Trucking, Franklin Pallet and other community members worked together to provide some relief.

After the EF-4 tornado, fencing supplies were delivered to Hopkins County, Kentucky. The supplies total value was around \$8,000 and was divided between 23 farm families to repair or replace both temporary and permanent fencing.

Following the flood, Eastern Kentucky Extension Agents and the Mountain Cattlemen's Association requested certain items which included a 3-way commodity livestock feed. A semi-load was delivered to Jackson, KY. In December, 34 rolls of hay were generously donated and delivered just east of Hindman, KY in Knott County. Simpson County's donations for both events were valued at over \$18,300 total.



Top: Fencing Supplies loaded to be delivered to Hopkins County, KY

Bottom: Hay donated and delivered to Knott County, KY

